

City of Renton Community Services Department – Recreation Division
Adult Co-Ed Dodgeball League Rules

Player Eligibility

- All players must be 18 years of age or older.
- All players must sign a City of Renton league roster prior to participation.
- Six (6) players make up a team.
- A team can start a game with a minimum of four (4) players, two (2) women and two (2) men. Other combinations can be: 3 females/3 males, 4 females/2 males, 2 females/4 males, 3 females/2 males, 2 females/3 males.
- Substitutions are only allowed in the case of an injury. New players are allowed to enter only at the beginning of a game.

Scheduling

- All teams will play 2 matches per night- all matches are a maximum of 20 minutes each determined by official.
- Teams will play as many games as possible in each 20 minute match as determined by the official.
- All teams are guaranteed a minimum of 12 matches in the season.

Game Play

- A total of six (6) dodgeballs are used per game.
- City of Renton will provide all dodgeballs for all league games.
- The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:
 - o 1. Hitting an opposing player with a LIVE thrown ball below the head.
 - o 2. Catching a LIVE ball thrown by your opponent.
- Games begin by placing six (6) dodgeballs along the center line. Players then take a position behind their end line. The game begins by the officials whistle. Teams may only retrieve three (3) balls. Once a ball is retrieved it must clear the end line before it can be legally thrown. The official may use a countdown during the game if necessary to encourage play.
- Headshots are illegal.
 - o If a player is attempting to crouch/dive/duck to avoid getting hit by a ball and the ball makes head contact, the defender is out- not the thrower.
- Gloves and hard helmets are illegal.
- Kicking the ball is illegal.
- The team that has eliminated the opposition before the end of regulation wins. If there are still players remaining at the end of regulation, the team with more players on the court wins as determined by the official.

Player Elimination

- **Live Ball:** A ball thrown by the offensive team that has not yet touched the ground, ceiling, walls, another ball, or player.
- **Dead Ball:** A ball thrown by any team that touches the ground, ceiling, walls, another ball, or player.
- **The THROWER is OUT when:**
 - o A defender catches a live ball.
 - One player also returns to the defender's side.
 - Stepping or reaching over the center line.
 - Standing out of bounds for more than 5 seconds at the warning of the referee.
- **The DEFENDER is OUT when:**
 - Hit by a live ball.
 - Clothing is considered part of the player's body.
 - Any player hit by a dead ball is still in (ie: the ball hits a player on your team and then another player- only the first player hit is out).
 - An attempt to catch a live ball is dropped.
 - Blocking ball is dropped as a result of contact from a live ball – the player who drops the ball is out.
 - A player may block a live ball and catch the live ball as long as they do not drop the blocking ball.

Playoffs

- The following methods will be used to determine league standings:
 - o Teams with the best league record will advance to playoffs.
 - o Between tied teams, the following criteria will be used:
 - Head to head competition in league play.
 - Coin flip.